

# Food Chart – Summer Food Service Program

<b>Breakfast</b>	Fluid Milk	1 cup (8 fluid ounces) <sub>1</sub>
	Juice or Fruit or Vegetable	½ cup
	Bread, or	1 slice
	Cold Dry Cereal, or	¾ cup or 1 ounce <sub>2</sub>
	Cornbread, Biscuits, Rolls, Muffins, etc., or Cooked Cereal or Cereal Grains Pasta, Cooked Noodles	1 serving ½ cup ½ cup
<b>Lunch or Supper</b>	Fluid Milk	1 cup (8 fluid ounces) <sub>3</sub>
	Meat, Poultry, Fish, Cheese, or Egg, or	2 ounces 1 large egg
	Cooked Dry Beans, Peas, or	½ cup
	Peanut Butter or other Nut Butters, or	4 tablespoons <sub>4</sub>
	Peanuts, Soybeans, Tree Nuts or Seeds, or Yogurt, plain or sweetened, flavored	1 ounce = 50% <sub>5</sub>
	Vegetables and/or Fruits (must serve at least two different varieties)	¾ cup total <sub>6</sub>
	Grains/Breads	1 serving
<b>Snack</b> Serve 2 of 4 components	Fluid Milk	1 cup (8 fluid ounces) <sub>1</sub>
	Juice or Fruit or Vegetable	¾ cup
	Meat or Meat Alternate	1 ounces
	Grains/Bread	1 serving

1. Serve as a beverage, or on cereal, or use part of it for each purpose.
2. Either volume (cup), or weight (ounces), whichever is less.
3. Must be served as a beverage
4. At lunch, must serve an additional meat/meat alternate with peanut butter.
5. No more than 50% of the requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement.
6. Serve two or more kinds. Full-strength juice may be counted to meet not more than one-half of this requirement.
7. Serve two food items. Each food item must be from a different food component. Juice may not be served when milk is served as the only other component.

Note: All grain/bread items must be enriched or whole-grain, made from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.

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